



## Thermography Screening Preparation

### **Please follow these instructions in order to achieve accurate results:**

- Do not** spend extended amounts of time in the sun 5 days prior to your exam.
- Do not** use lotion, creams, powders, deodorant, antiperspirants or makeup on the areas being imaged the day of the exam.
- Do not** shave or remove hair on the areas being imaged the day of the exam.
- Do not** have physical stimulation or treatment of the breasts, chest, neck, or back for 24 hours before the exam. This includes chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, sauna, steam room, and hot or cold pack use.
- Do not** exercise 4 hours prior to your exam. Do not perform dry brushing, take a hot shower or hot bath.
- Do not** use tobacco, drink caffeinated soda, coffee, or tea 4 hours prior to your exam.
- Do not** take medication that may affect your temperature or nervous system such as pain pills, aspirin, and non-steroidal anti-inflammatory drugs.
- If you have a fever the day of the exam or have breastfed/lactated in the last four months, please consider rescheduling your appointment.
- If your hair falls below your neck, please wear it clipped or tied back and up.
- After surgery, please wait 3 months before having an examination. After radiation, please wait 6 months before having an examination.